

# The Resilient Library Newsletter

January 10, 2021

Volume 4, Issue 2

## PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites

Press Ctrl+click on images and underlined text to be directed to those websites

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By Tracy Brower, Ph.D.  
(Forbes.com)

We're all looking forward to where 2021 will take us—and perhaps best of all it will take us out of 2020. If you're like most of us, you're full of starry-eyed hope and determination to accomplish a raft of new year resolutions. But statistically, you won't keep them. According to a [classic study](#), only 19% of people do. You can buck the trend, however, and keep your resolutions—following the guidelines below.

First, know you're in good company setting new resolutions. Beginning in [ancient Rome](#), renewed plans were part of festivals celebrating Janus (think: January)—who looked to the past and to the future—honoring home, family, friends, and civil life. People worked only in the morning and had the afternoon off for parties,

## How to Actually Keep Your New Year Resolutions

gift giving and offering blessings to each other for success in the new year.

For the 81% of us who have struggled to keep our resolutions, our brains are working against us. [Research published in Current Biology](#) found we are more likely to repeat pleasing activities because we get a hit of dopamine (the feel-good neurochemical) when we approach previously-positive activities. Even seeing a delicious dessert causes the release and can thwart your efforts to select the vegetables you've resolved to eat instead.

So [how can you succeed](#) where you've failed before? How can you finally achieve your new year resolutions? Here are 10 tips which can put you on a path toward a positive 2021:



### #1 MAKE IT REAL

Distinguish between your overall vision and habits. Focus on your big bets but be specific about the daily habits which will accumulate toward success. Be sure your habits are specific and actionable. While your aim may be to 'be a better person,' a powerful habit will be to volunteer at your preferred agency for one hour per week. Perhaps

See **Resolutions** on page 2

you want to write a book. Great, but you'll be more likely to achieve this desire by committing to writing for a half hour a day, five days a week. Be specific about the actions you'll take, not just the end you want to achieve.

### **#2 BE REASONABLE**

You've heard it before, but it bears repeating: ensure your aims are attainable. If your goal is to play at Carnegie Hall and you're only just learning the violin fingering for "Twinkle, Twinkle, Little Star," you're reaching too high. Set ambitious targets that are attainable and keep in mind you can build over time. This year, you may learn the rudimentary grammar for a second language and seek to spend an hour a week with a native speaker. Perhaps in subsequent years, you can seek to be truly fluent.

### **#3 TIE YOUR ACTIONS TO YOUR IDENTITY**

Fascinating research has identified people have more success shifting their behaviors when they link them with their identity, rather than using willpower. Perhaps you'd like to take a Saturday afternoon nap rather than the long walk you promised yourself. If you simply apply willpower, you may be more likely to take the nap instead of the walk. But if you tell yourself something like, "I am not a person who shirks my responsibility

to fitness," or, "I am a person who keeps my commitments to myself," or "I am a person who values action over slacking," you will be more likely to make strides toward new, preferred behaviors.

### **#4 LINK YOUR HABITS**

Another powerful way to successfully adopt a new set of habits is to link a new behavior to an existing one. For example, if your big goal is to expand your knowledge and you've decided you want to listen to informative books more often, link your listening to another habit that is already part of your daily repertoire. Perhaps every day while you're brushing your teeth and getting ready, you can listen to your Audible book selection.

### **#5 ESTABLISH ACCOUNTABILITY**

Write down your targets, this will help you be accountable to yourself. In addition, share your goals with others and ask them to check in with you and give you feedback. If your goal is to avoid procrastinating on your projects at work, ask your colleague to give you a friendly nudge when they hear you putting things off. Or if you want to do daily push-ups, ask your roommate to give you a gentle reminder if evening is approaching and you haven't dropped for 10.

### **#6 SHARE THE PROCESS (OR THE PAIN)**

One of the best ways to keep your resolutions is to make them mutual. Partner with others who have the same aims. If your goal is to be more creative, find a buddy with whom you can craft regularly. Or if your objective is to run a marathon, find a friend with whom you can train daily. If you want to lose your Covid 19 weight gain, establish a small group of similarly-minded pals with whom you can commit and commiserate.

### **#7 REALIZE THE POWER OF SMALL STEPS AND MARK PROGRESS**

An important strategy in maintaining changes in behavior is to reduce your perception of effort. An interesting example, [published in Sports Medicine](#), found people stuck with their exercise programs for longer periods of time when they drank coffee. The reason: because the caffeine gave them bursts of energy and reduced their perception of exertion. Incremental effort works this way as well. Take small steps. Also, track your progress over time. Use a calendar and mark off the days you've accomplished your new behavioral goals. Track yourself and make things visible to give yourself an important, tangible sense of accomplishment. Perhaps

your goal is to find a new job. Plan to reach out to two new contacts or apply for one new job per day. Give yourself credit for every small step you take and reward yourself along the way.

### **#8 TAKE BREAKS**

As the saying goes, "Everything in moderation, even moderation." Build in days when you can celebrate. For example, if your goal is to do intermittent fasting, plan for one day a week when you eat throughout the day. If you plan for small moments of reprieve from your new behavior, you won't be cheating (read: you won't have to beat yourself up). You can help ensure you give yourself time to take a breath and recharge for the next bout of following your new rules.

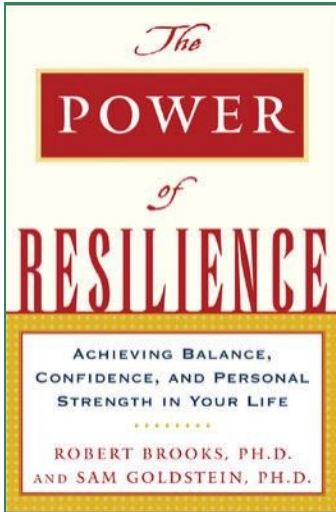
### **#9 MANAGE YOUR MINDSET**

Changing behaviors isn't easy. Your current ways of doing things have carved pathways in your brain, and establishing new linkages can be uncomfortable. Get comfortable with discomfort and reassure yourself you can do it. You have some exciting aspirations and if they were easy, they probably wouldn't be worth doing. Those who achieve their resolutions are distinguished from those who don't by the

See **Resolutions** on page 8

## Book Spotlight— *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*

Volume 4, Issue 2



*Available in print  
or ebook at  
[www.rvl.info](http://www.rvl.info)*

### From the Back Cover-

Why can some of us overcome life's greatest trials while others become burdened by the slightest setback? What factors helps some bounce back from adversity while others languish in feelings of helplessness and hopelessness? And what exactly is the inner strength some people simply exude in their daily lives? Such people possess a powerful quality called *resilience*. In this seminal work, two of America's foremost clinical psychologists explore the concept of resilience and show how it can be developed and strengthened.

The term resilience is often reserved for those who have overcome overwhelming obstacles. But in reality, each of us encounter stress every day, and no one knows when we may face unexpected hardship. According to Drs. Robert Brooks and Sam Goldstein, a resilient mindset is helpful in every aspect of ordinary living, providing a foundation of emotional strength that sees us through both routine challenges and sudden problems. Working in turn, this positive mindset and the behaviors and skills they develop create a process that is constantly in operation, buoying us along. The main features that compose such a mindset include:

- Feeling in control of one's life
- Knowing how to fortify one's "stress hardiness"

- Displaying effective communication and interpersonal capabilities
- Establishing realistic goals and expectations
- Learning from both success and failure
- Feeling special (not self-centered) while helping others to feel the same

Moreover, *mindsets can be changed*. Part of this process is understanding the "negative scripts" that are barriers to change. These counterproductive ways of thinking can become so entrenched that they are difficult to deviate from. For example, a negative script can dictate a woman ending a relationship when she is asked to make a commitment, or a man having difficulties expressing anger even when he is justified. Once you can recognize these scripts and take responsibility for your actions, you open the door to more productive paths.

In addition to providing specific strategies and exercises, Drs. Brooks and Goldstein share inspiring real-life stories drawn from their own individual practices and workshops. As these encourage you to reflect on your relationships, goals, and dreams, you will realize the power of resilience that will enrich you in countless ways throughout your life.

□

**"A uniquely wise guide summarizing a vast amount of research into a practical set of strategies to overcome adversity and live a stress-hardy life."**

—JACK CANFIELD,  
coauthor of *Chicken Soup for the Unsinkable Soul* and  
*The Power of Focus*

**Satisfy the itch to garden in January by starting seeds – outdoors. Winter sowing techniques are super easy and reliable.**

By Julie Marens Forney

Winter sowing is simple and yields sturdy seedlings that are ready to grow. If you have avoided starting seeds because you lack space or sunny windows, check out winter sowing.

To get started with winter sowing, you'll need supplies you probably have around the house. Plastic containers, like milk jugs, 2-liter bottles or clear-lidded clamshell-type containers serve as a mini-greenhouse for the seeds.

1. **Use a box cutter or pen knife to cut around the middle of the container.** Leave roughly a one-half inch section uncut to act as a hinge. What you're doing is creating a hinged container that opens. Clamshell containers don't require cutting.
2. **Punch drainage holes in the bottom of the container.** Cut slits in the lid of the container to provide ventilation and prevent heat build-up. If your container has a lid (milk jug, 2-liter bottle), remove it.
3. **Fill the container with 2 to 3 inches of soil.** Winter sowing works best with a soil mix that's light and drains well. Bagged commercial peat moss and perlite mixes work great. Avoid mixes that feature water retention agents or moisture control properties.
4. **Wet soil thoroughly, place seeds on the sur-**



- face, and add additional soil as needed to cover seeds. Pat the soil lightly to ensure good seed to soil contact and close your container.
5. **Use a piece of duct tape to hold the container closed.** Be sure to label containers with planting date and seed name.
6. **Set your planted containers outdoors in a spot that's protected from winds, but receives sunlight, snow and rain.** You might want to place your containers into a greenhouse flat or plastic tub to ensure your little greenhouses stay upright. Make sure the tray has drainage holes—if not, create them.

Winter sowing relies on cycles of freezing and thawing to loosen seed coats and prepare seeds to germinate. When spring first arrives with sunny days but still freezing nights, you'll start spotting seedlings. At this point, on a day when temperatures are above freezing, open containers and check soil dryness. Water if needed, using a gentle spray. Re-

place lids.

As spring settles in and air steadily warms, open containers during the day for a few hours to start hardening off seedlings. Continue to tape containers closed at night to protect seedlings from chilly air. Eventually as nights warm, you can leave container lids off permanently. Plant seedlings into the garden or containers on a cloudy day to reduce transplant shock.

Winter sowing works with perennials, hardy annuals, vegetables, herbs and tender annuals. You just have to get the timing right. Sow seeds for plants that are hardy in your zone [Zone 7 for Salem] anytime during winter. Tender plants—including annuals and vegetables—should be sown closer to spring [use Mother's Day as last frost date]. Heat-loving vegetables, like tomatoes, should be planted a month later.

Excerpted from [Winter Sowing | HGTV](#)



# Money Wise—Tips to Keep Your Home Energy Efficient This Winter

Volume 4, Issue 2

Excerpted from [SaveOnEnergy.com](http://SaveOnEnergy.com)

....Here are a few simple tips to help you save energy this winter.

## **Saving energy in your home's kitchen**

...your kitchen can... consume a large portion of your home's energy budget. An energy smart kitchen will save you dollars and cents in the long run.

When you're cooking in the kitchen, remember that the "no peeking" rule... applies to the oven. Leave the oven door shut during the cooking process, as each peek can cost you 25 degrees and force more energy usage as the oven reheats.

If you're cooking with a stovetop or electric oven, you can usually turn the heat off 5 to 10 minutes before the dish is done as the lingering heat will finish the job.

Smaller appliances can also save a lot of energy when you cook. An energy efficient microwave, crockpot, toaster oven, or warming plate will use less energy than a standard oven...

For instance, most toaster ovens use half the energy as the average electric stove in the same amount of cooking time, according to the Department of Energy. It will save you money and it's unlikely that your guests will notice the difference in how you prepared the meal.

Another tip is to keep your freezer full. Empty space can lead to higher energy consumption because of warm air circulating whenever you open the door. This warm air can cause the equipment to work harder to maintain the cold temperature.

In short, purchasing extra chicken nuggets for the kids and another container of ice cream isn't a bad idea for stay-at-home days, snow-ins, or the ever-looming school closing due to COVID-19 spikes.

## **Don't let heat escape around the fireplace this winter**

The Department of Energy recommends that you keep the fireplace damper closed whenever a fire is not burning. Keeping it open allows heated air to escape through the chimney.

"When you use the fireplace, reduce heat loss by opening dampers in the bottom of the firebox (if provided) or open the nearest window slightly—approximately 1 inch—and close doors leading into the room. Lower the thermostat setting to between 50 and 55 F, the DOE says.

If you have a fireplace and never use it, you should also consider plugging and sealing the chimney flue to save energy.

## **Hot water tank insulation**

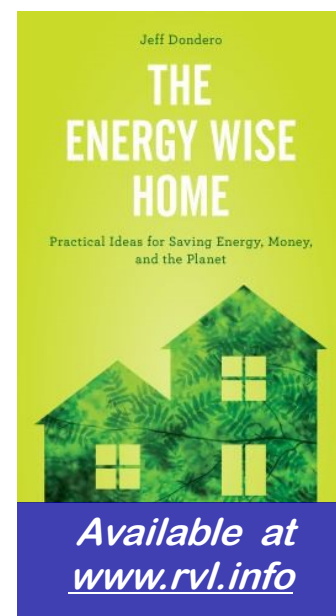
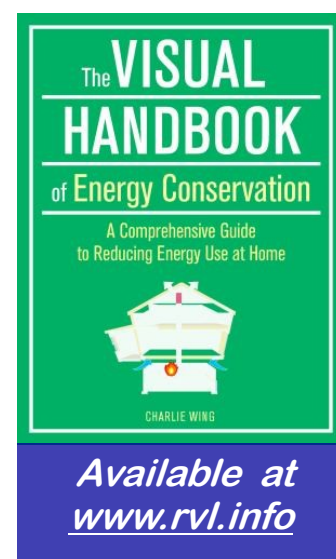
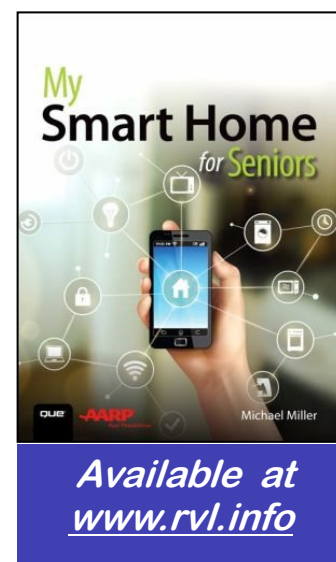
Very few things beat a warm shower or hot bath in the cold winter months. But both indulgences can consume a substantial amount of energy as the winter drags on. . .

One way to decrease the expense of heating water is to use common household insulation for water heater tanks as well as wrapping it around the first 6 feet of water pipes. Think of insulation as a cozy sweater for your pipes. Just like wrapping up in your favorite cardigan, the added layering will help seal in the ambient heat of the pipes, allowing you to enjoy energy savings.

## **Windows and doors**

Check your doors and windows for any gaps that can allow unwanted cold air in and heated air out.

You should also check the insulation and seals around windows and doors which can generate a savings of up to 10 percent of total household energy expenses. This includes attics, basements, exposed floor joists, and any flooring surrounding crawl spaces. [Winterizing kits and draft guards](#) can help with windows and doors, respectively. This can be a daunting task for elderly or disabled homeowners, so contact a contractor if you need assistance.





From [Mental Health America](http://www.mentalhealthamerica.net)

## HOW SLEEP HELPS

Sleep may seem like a waste of time. You could instead be answering e-mail, doing the dishes, repairing the deck or decking the halls. But research shows that you're more likely to succeed at your tasks—and enjoy greater well-being—if you get some serious shut-eye.

Of course, it's not easy to sleep when you're feeling overwhelmed. In fact, nearly two-thirds of Americans say they lose sleep because of stress. That's especially unfortunate because sleep combats some of the fallout of stress, and poor sleep has been linked to significant problems, including:

- Greater risk of depression and anxiety
- Increased risk of heart disease and cancer
- Impaired memory
- Reduced immune system functioning

- Weight gain
- Greater likelihood of accidents

## CREATING GOOD NIGHTS Are You Getting Enough Rest?

Experts suggest that adults get seven to nine hours of sleep a night. Everyone is different, though, and you may need more after a few days of burning the midnight (or 2 a.m.) oil.

To assess your sleep deficit, ask yourself:

- Am I often tired?
- Am I using caffeine to get through the day?
- Do I sleep well?
- Do I wake up feeling refreshed?
- Do I get drowsy while driving or watching TV?

## Tips for Upping Your Sleep

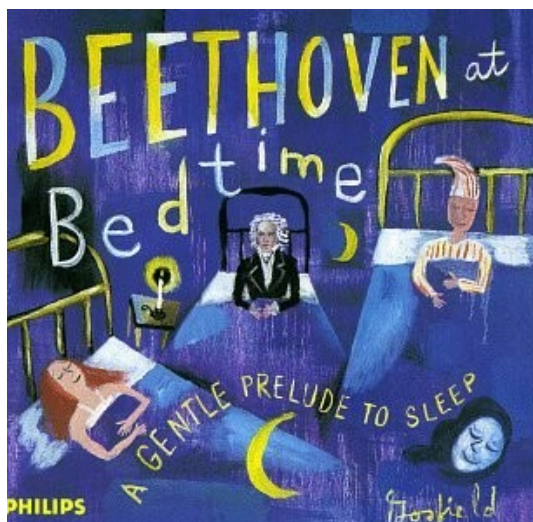
To sleep longer—and better—consider these suggestions:

- **Set a regular bedtime.** Your body craves consistency, plus you're more likely to get enough sleep if you schedule rest like your other important tasks.
- **De-caffeinate yourself.** Drinking caffeine to stay awake during

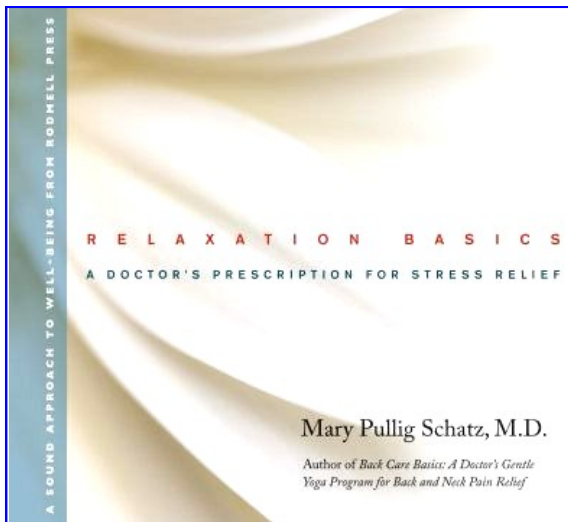
the day can keep you up at night. Try resisting the coffee and colas starting six to eight hours before bed.

- **De-stress yourself.** Relax by taking a hot bath, meditating or envisioning a soothing scene while lying in bed. Turn off day-time worries by finishing any next-day preparations about an hour before **bed**.
- **Exercise.** Working out can improve sleep in lots of ways, including by relieving muscle tension. Don't work out right before bed, though, since exercise may make you more alert. If you like, try gentle upper-body stretches to help transition into sleep.
- **Make your bed a sleep haven.** No paying bills or writing reports in bed. Also, if you can't fall asleep after 15 minutes you can try some soothing music, but if you remain alert experts recommend getting up until you feel more tired.

**For additional sleep guidelines, see the National Sleep Foundation's [website](http://www.sleepfoundation.org). (But no computer right before bedtime!)**



Music CD available through  
[www.rvl.info](http://www.rvl.info)



Audiobook available through  
[www.rvl.info](http://www.rvl.info)

## More Sleep Aids

If you're considering sleep medication, you can buy one of several over-the-counter products, which generally can be used safely for a few days. As for prescription medications, the National Sleep Foundation suggests a limit of four weeks—and simultaneously working on one's sleep habits. Never combine sleep medica-

See **Sleep** on page 7



tions with alcohol or other potentially sedating medicines, and be sure to allow at least 8 hours between taking a sleep medication and driving.

**If you're wondering about the hormone melatonin**, there is evidence of its usefulness in improving sleep and helping to regulate an off-kilter sleep cycle. Still, some experts urge caution, arguing that more research is needed to determine correct dosing and timing for taking a melatonin supplement.

**If you're having serious sleep problems**, see your doctor, especially if you have trouble more than three nights a week for a month. Your doctor can check whether your sleep issues are caused by some underlying health problem, like de-

pression or a thyroid disorder, and can help with a treatment plan or referral to a sleep specialist. Also contact your doctor if you suspect a sleep disorder, like sleep apnea, which involves snoring and gaps in breathing, or restless leg syndrome, which causes sudden urges to move your body, or if you are experiencing any unusual nighttime behaviors. It's also reasonable to see a health care professional if you still feel tired despite getting enough sleep.

**If you want help learning to cope better with sleep problems**, try to locate a therapist who offers cognitive-behavioral therapy for insomnia. This treatment works by changing sleep-related beliefs and behaviors. You might, for example, rethink your notion that the whole

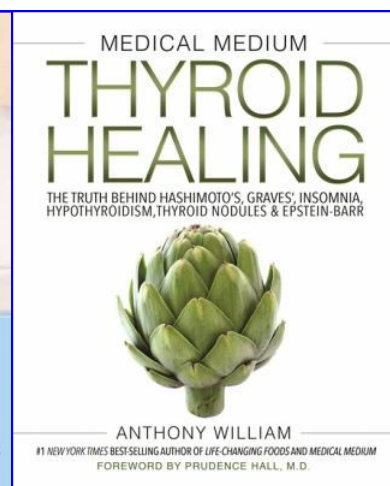
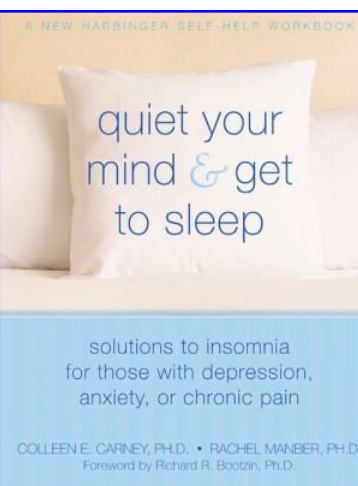
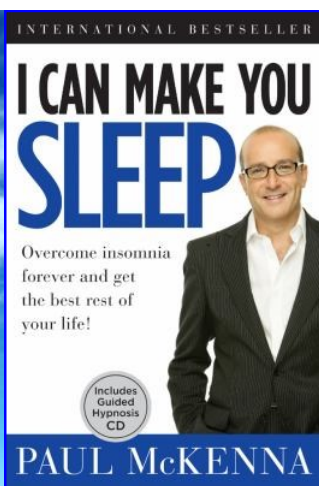
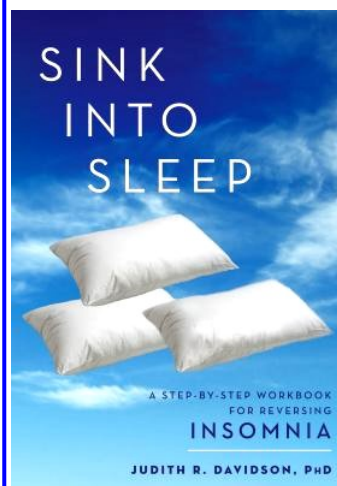
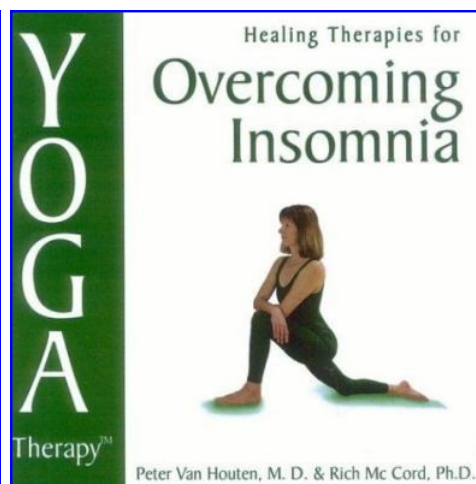
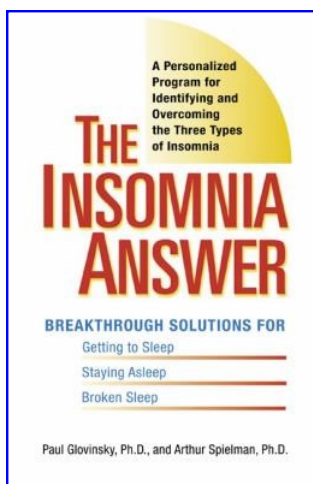
night is ruined if you're not asleep by 10. A sleep clinic may be able to help you locate such a therapist. □

Excerpted from [Get Enough Sleep | Mental Health America \(mhanational.org\)](http://GetEnoughSleep.MentalHealthAmerica(mhanational.org))

Reviewed by Helene Emsellem, MD, associate clinical professor of neurology at George Washington University Medical Center and author of *Snooze or Lose: 10 'No-War' Ways to Improve Your Teen's Sleep Habits*.

***Make your bed  
a sleep haven***

***These books are available for check-out through our online catalog (rvl.info) - click on an image to be referred to the online catalog so you can request the item or call the Library and we will place a request for you***





### Salem Public Library

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Salem VA 24153

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Fax: 540-389-7054

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[library@salemva.gov](mailto:library@salemva.gov)

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**ABOUT THIS NEWSLETTER:** This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

**SUBSCRIPTION INFORMATION:** If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
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Print copies will be available in our lobby between 10:00 a.m. and 4:00 p.m. each day and we will post a link on our website to view this newsletter online. Archived versions of this newsletter are posted on our website on the Adult Resources page

### LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

**CONTACT FREE PICK-UP** is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

**LEAVE IT TO A LIBRARIAN For Adult Fiction:** *The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.*

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Click on images or underlined text to be directed to the appropriate website.

Scan the QR code (bottom left on this page) to see our [Calendar of Events](#).

## Resolutions (continued from page 2)

ability to put aside short-term satisfaction for long-term gain. Consider how you'll feel immediately compared with the trade-off over time. That chocolate cake may be delicious in the moment, but the tightness of your pants...is an unfortunate trade off. Remind yourself you'd rather have the lasting goodness of health and fitness, than the quick hit of chocolate bliss.

### #10 REMEMBER YOUR WHY

Perhaps most important for your ongoing motivation is to remember your overall purpose. . . . You want to learn a language, so you can make a greater contribution in your com-

munity. Or you want to get healthy, so you can provide support for your family over the long term. The big picture is always motivational, so don't just focus on laying bricks, keep in mind the cathedral you're building.

The pandemic has been terrible and horrible, but it has provided the opportunity to learn, grow and become more resilient. Use the difficulty of 2020 as a jumping-off point for 2021 and all you'll accomplish as you go forward. You can achieve your new year resolutions. You can succeed. You can make 2021 a year of progress and positivity. □

Tracy Brower is a Ph.D. sociologist exploring perspectives on work-life and fulfillment. She is the author of *Secrets to Happiness at Work* and also *Bring Work to Life by Bringing Life to Work: A Guide for Learners and Organizations*. I am a principal with Steelcase's Applied Research + Consulting group. . . . You can find her work in TEDx, Work-Life Balance in the 21st Century, The Wall Street Journal, The Globe and Mail (Canada), InsideHR (Australia), Training Magazine, The CoreNet Leader, Facility Executive, Work Design Magazine, Real Estate Review Journal, Fortune.com, and more.

From [How To Actually Keep Your New Year Resolutions \(forbes.com\)](#)